

BRIGHT STORY SHINE

What's your bright story?



7 DAYS OF GUIDED REFLECTIONS ON LOVE

Read on for my next
Bright Story Shine
Free offer!

THE TRUTH ABOUT SELF-LOVE?

By Caroline Beidler

Self-love is a topic that we see on flowery IG posts, New York Times best seller lists and blogs of all shapes and sizes. Initially when I started to think about the topic, I intended to come up with some super wise list of ten ways to practice radical self-love. I started to do a little research and noticed that there are countless lists out there by people like me, people who are well intentioned but perhaps just a little bit out of touch with what it's really all about. One author noted that self-love is much easier said than done. I can totally relate to that. And the more I think about the topic, the more questions I have.

Sometimes I try to do a "self-care" night and draw a bath and soak for about two minutes in lavender salts before I get antsy to do something else. I'm overheated or I notice the dust along the baseboards of the bathroom floor and I think to myself: gross. Or maybe I'm feeling a bit insecure and try a mantra in the mirror like "you are beautiful" but all I notice are the little lines smiling back at me (and not in the nice way) from the corners of my eyes.

Read on...





What does loving ourselves really look like? Is it more than baths and walks and taking time away from the kids (if we have the privilege of taking time away)?

My mom said something really interesting lately when I talked to her about the topic. She said that “maybe self-love is more about self-acceptance. Accepting all of your parts—the good along with the ugly.” I started to think on this a bit more and how it was true in my own life. I don’t think I could look back and say this is the moment when I started to love myself, but I could look back and say here are all the little moments when I extended grace and acceptance to myself and my experience.

Today, I think it is very important to not only accept, but love and care for myself. Instead of a nice list of self-love and self-care hacks, as much as we all love our lists, I’d like to invite us (me included) to take a couple days this month to reflect on the concept of LOVE and what this means when we turn it towards our selves.

Join me for a week of thoughtful reflection or writing or praying or meditating on questions surrounding self-love and acceptance with the following guide: **7 Days of Guided Reflections on Love**. Think of it as a way to explore love more fully and a series of dates with yourself.

I’ll be doing this with you, too! Then, at the end of February, I will be hosting a virtual event to share what we’ve learned and reflected on.

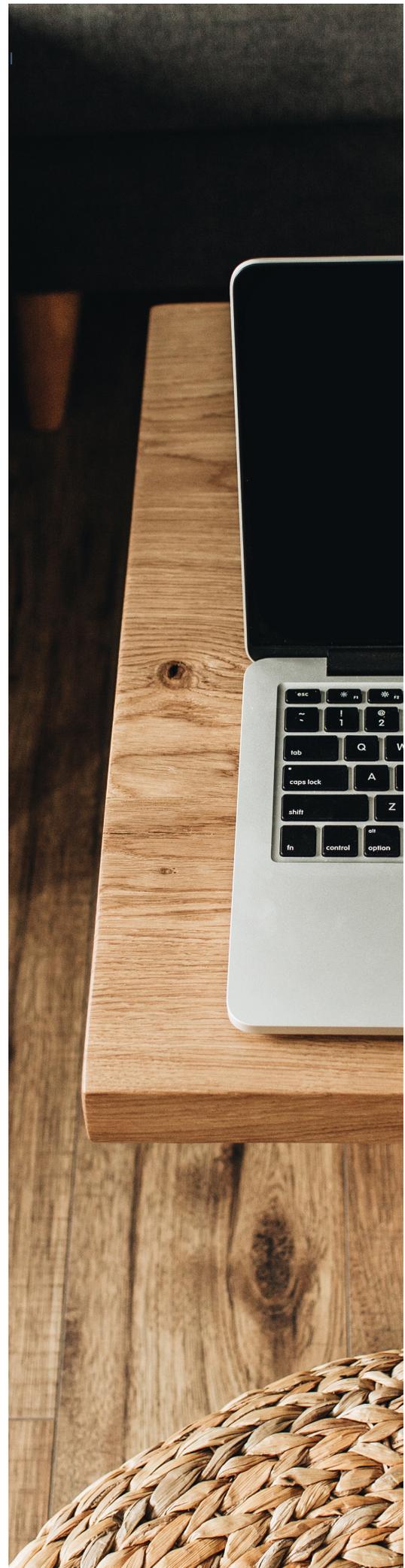
Looking forward to seeing you then!

Much love,

Caroline



I’d love to hear how this guided reflection works for you! Email me at brightstoryshine@gmail.com!





GUIDED REFLECTIONS ON LOVE

You are welcome to grab your journal, laptop, or just pray or meditate on the questions each day. I hope that this time for reflection is a loving action you can take for yourself this month!

DAY #1

What comes to mind when you see or hear the word “love” (may be a sentence, a feeling, an image or memory or current experience)?

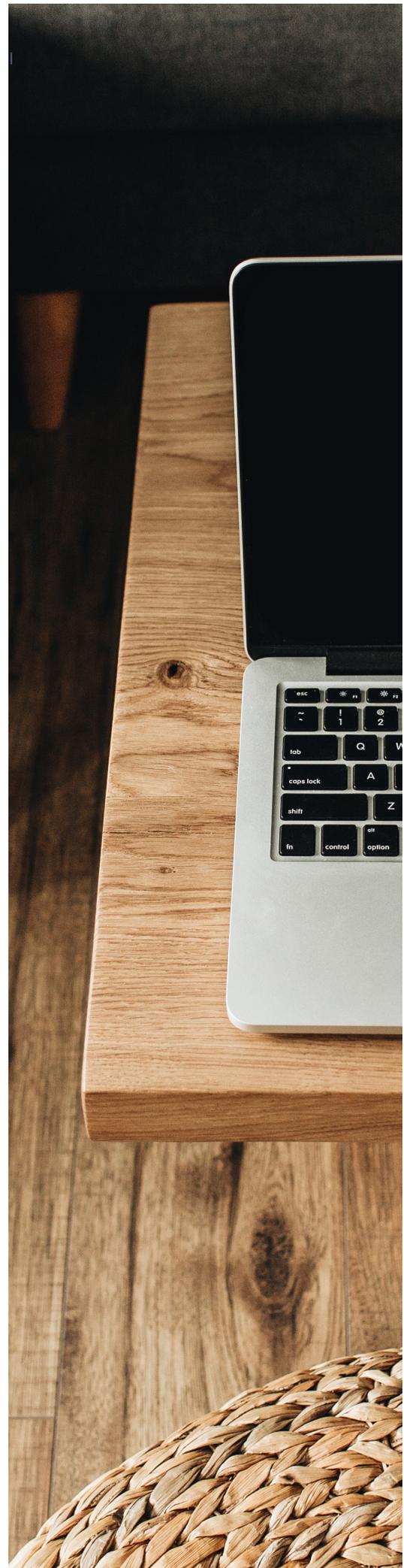
What is challenging or encouraging (or both) about these associations?

DAY #2

Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it. -Rumi

What barriers have prevented you from loving yourself (and/or others)?

Do you still have them? If not, what helped tear them down?





DAY #3

How does self-acceptance connect to self-care and self-love?

Do you accept yourself? If yes, explain. If no, why do you think this is?

DAY #4

How is self-love about more than the self?

How does the way you “feel” inwardly affect your actions outwardly with your relationships and with yourself?

DAY #5

Then love knew it was called love. And when I lifted my eyes to your name, suddenly your heart showed me the way. -Pablo Neruda

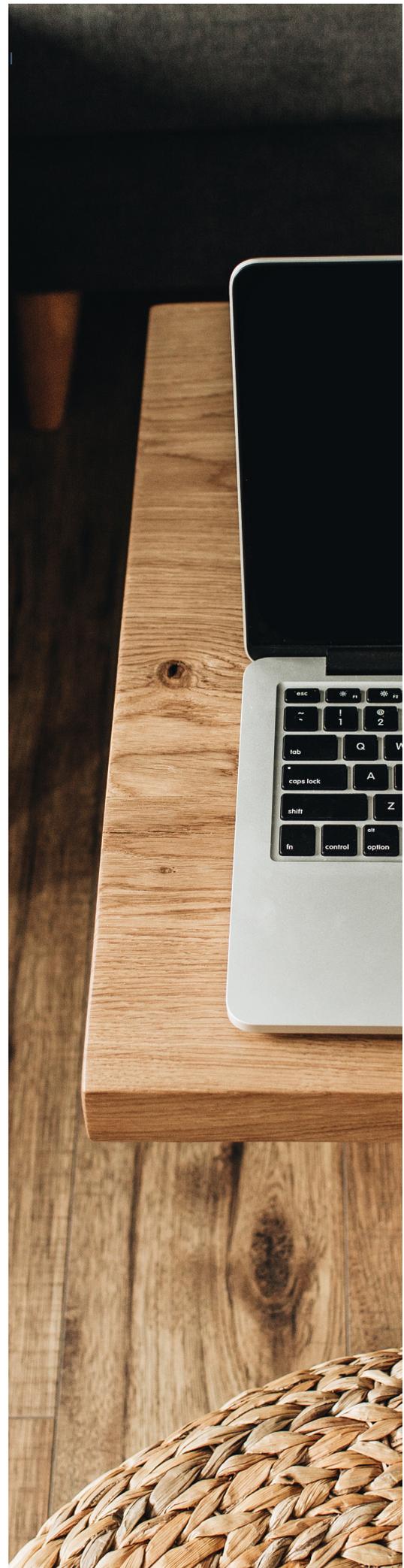
How have other people in your journey impacted how you love and care for yourself?

How have you helped others to learn to love themselves?

DAY #6

There is an ancient Greek term called “agape.” In Christianity, agape refers to the concept of unconditional love that comes from God. When it is used in scripture, scholars note that it refers to pure and sacrificial love; or as the letter 1 John states, **“God is love” (1 John 4:8)**. Agape is the ultimate source of love.

How do you connect with the concept of agape? Have you experienced this type of love and how does this relate to self-love and care?





DAY #7

Has your concept of self-love changed over the past week? If so, how?

What are some practical action steps that you can take to focus more on love in the coming weeks?

What is your favorite quote on love and why?

You've made it through the Bright Story Shine guided reflection on love! I'll be updating all my subscribers when the free virtual hangout for February is scheduled. Be on the lookout! We will discuss our reflections or you are welcome to just hop on and listen.

See you soon, lovelies!



LOVE
IS BIGGER THAN ANY OF
THIS BLEAK S&*\$!
ANYONE CAN
throw at us.

ANNE LAMOTT
@bright_story_shine

